

# DINNERLY

## Cafe Au Lait Overnight Oats:

Developed by Our Registered Dietitian



under 20min



2 Servings

#### WHAT WE SEND

- 3 oz oats
- ¼ oz espresso powder
- ¼ oz chia seeds
- 8 oz milk <sup>7</sup>
- 1 oz maple syrup
- 1 oz salted almonds <sup>15</sup>
- ¼ oz ground cinnamon

#### WHAT YOU NEED

- kosher salt
- vanilla extract (optional)

#### TOOLS

- just your favorite jars!

#### ALLERGENS

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 0kcal



#### 1. Mix oats

In a medium bowl, combine **all of the oats**, **half of the espresso powder**, (save rest for own use) **chia seeds**, **milk**, **half of the maple syrup**, **a pinch of salt** and ¼ teaspoon **vanilla extract**, if using. Stir until thoroughly mixed. Cover and refrigerate overnight.



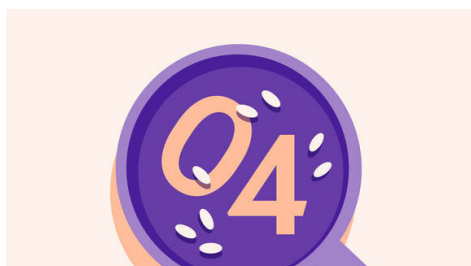
#### 2. Thin as desired

The next morning, thin **overnight oats** with additional milk or water, as desired.



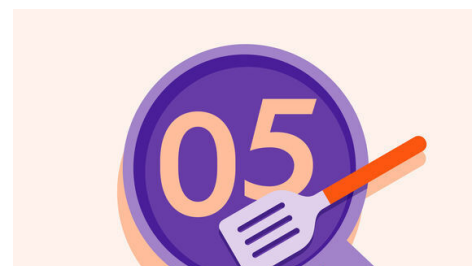
#### 3. Chop almonds

Coarsely chop **almonds**.

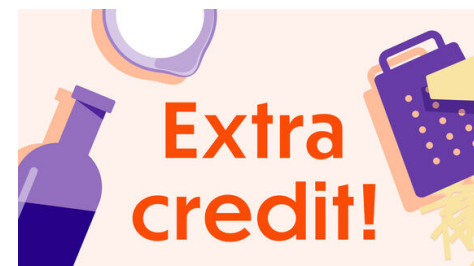


#### 4. Finish & serve

Spoon **overnight oats** into 2 jars or bowls. Top with **chopped almonds**. Drizzle with **remaining maple syrup** and a **sprinkle of cinnamon**, as desired. Enjoy!



#### 5.



#### 6.

**Extra credit!**